



- ❑ Teach your preteen to be responsible for daily dental care.
- ❑ Brush teeth, gums and tongue after every meal. Use a small, jigging motion with the bristles angled to the gums. Use a pea-sized amount of fluoride toothpaste.
- ❑ Floss teeth daily.
- ❑ Use a mouthguard for sports.
- ❑ Take your preteen to see a dentist yearly. Ask about fluoride, sealants, braces and mouthguards.
- ❑ Limit sweets to prevent dental cavities.

- ❑ Have 3 meals and 3 snacks daily. Give a variety of food with:
 - 5-9 servings of vegetables or fruits
 - 7-11 small servings of breads, cereals, or grains
 - 3 cups of nonfat, 1% or 2% milk, cheeses or yogurt
 - 3 servings of protein foods, like lean meats, poultry, fish, eggs, or dried beans
- ❑ Start each day with breakfast for better learning. Leftovers are quick and easy to fix.
- ❑ Offer healthy foods for meals and snacks:

Nonfat, 1% or 2% milk	juice	tofu
peanut butter	bean burrito	unbuttered popcorn
wheat toast	lean meats,	yogurt
lean meats,	chicken	raw vegetables
crackers, nuts	crackers, nuts	cheese sandwich
fresh fruit		unsweetened
		dry cereal
- ❑ Drink water when thirsty. Limit fast foods, soda, punch, fruit juice and other sweet drinks.
- ❑ Buy foods low in fat, sugar and salt.



Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

Poison Control Number: 1-800-876-4766

- Learn Adult CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



Health and Safety

- ❑ Teach your preteen water safety and how to swim.
- ❑ Remind your preteen:
 - To use a seat belt for every ride.
 - Not to ride in the back of pick-ups.
 - To wear a helmet, knee, wrist and elbow guards when using skates, bikes and skateboards.
- ❑ Unload and lock up guns. Supervise use of electrical tools, guns, poisons and matches.
- ❑ Warn preteen about danger of hearing loss with loud music.
- ❑ Talk to your preteen about the dangers of hitchhiking, personal safety and peer pressure.
- ❑ Talk about avoiding gang activities or group violence.
- ❑ Ask your preteen not to accept anything from strangers or go with them, and to tell you or a trusted adult about a stranger.



Parenting Tips

Make time to sit down and talk with your preteen. Most of all, listen to what he or she has to say.

What to Expect

- ❑ Your preteen may:
 - Show pride in school, sports and other activities.
 - Follow most rules at home and at school. Yet may test those rules with risky actions.
 - Take care of own health, school work and chores.
 - Want more independence and more time with peers.

What You Can Do

- ❑ Give your preteen lots of praise and affection.
- ❑ Encourage outdoor activities and limit television and video games. Make time daily for homework.
- ❑ Encourage the practice of various talents such as dancing, playing a musical instrument, crafts, sports and other hobbies.
- ❑ Assign reasonable chores so preteen also has some time for "self." Do not make your preteen always responsible for younger brothers and sisters.
- ❑ Teach your preteen to accept responsibility for all of his or her choices and actions.
- ❑ Talk about puberty and the changes it brings, and about other concerns.
- ❑ Avoid street drugs, tobacco use and alcohol. Your preteen will want to copy your actions. Be a role model.

If you find yourself about to harm your preteen, call a "Hot Line" or a friend for help.

9 - 12 Years

Health and Safety

- ❑ Encourage your preteen to join outside activities, such as ball games, swimming and biking.
- ❑ Teach your preteen to keep skin, nails, hair, genitals and body clean and wear clean clothes.
- ❑ Wash bed sheets weekly.
- ❑ Teach your preteen to wash hands with soap and water before each meal and snack and after using the toilet.
- ❑ Talk with your preteen about not using street drugs, alcohol or tobacco. Also talk about AIDS and other sexually transmitted diseases and responsible sexual behavior - either abstain or use condoms.
- ❑ Warn your preteen about tobacco use.

